

Encyclopedia of Black Magic in Islam and Modern Science

Introduction:

Black magic, known as 'Sihr' in Arabic, is a hidden and forbidden act condemned in Islam. It involves using unseen or supernatural forces, often through the help of jinn or evil spirits, to cause harm or influence others. Islam acknowledges the existence of magic but strictly forbids its use or practice, as it leads to disbelief (kufr) and association with Shaytan (Satan). Modern science, however, views black magic from a psychological and cultural perspective, studying its effects on the mind and society.

Meaning of Sihr (Black Magic):

The Arabic term 'Sihr' literally means something hidden or mysterious. In Islamic terminology, it refers to acts that affect people's minds, hearts, or bodies through unseen means. Practitioners of magic use charms, spells, or dealings with jinn to create illusions or harm. Islam teaches that these acts are haram (forbidden) and can lead to disbelief because they rely on powers other than Allah.

Black Magic in the Qur'an:

The Qur'an directly mentions black magic in Surah Al-Baqarah (2:102): 'They followed what the devils recited during the reign of Solomon. Solomon did not disbelieve, but the devils disbelieved, teaching people magic...' This verse shows that magic existed but was spread by devils, not prophets. It also mentions Harut and Marut, two angels who taught magic as a test, warning people of its danger. Allah makes it clear that magic harms the soul and removes a person from faith if practiced.

Hadith About Black Magic:

The Prophet Muhammad ﷺ warned: 'Avoid the seven destructive sins,' and among them he mentioned 'Sihr (black magic).' (Sahih Bukhari 2766, Sahih Muslim 89). He said that seeking help from magicians or believing in them is a form of disbelief. The Prophet ﷺ was once affected by a spell, and Allah revealed Surah Al-Falaq and Surah An-Naas for protection. These chapters are recited for safety from evil forces.

Types of Black Magic:

Islamic scholars categorize Sihr into different types: 1. Sihr al-Mahabbah (Love Magic) – to cause unnatural attraction. 2. Sihr al-Tafreeq (Separation Magic) – to cause hatred and division. 3. Sihr al-Maradh (Illness Magic) – to cause sickness or pain. 4. Sihr al-Takhyeel (Illusion Magic) – to deceive the eyes, like Pharaoh's magicians. Each type is forbidden and spiritually dangerous.

Scientific View of Black Magic:

Modern science does not confirm supernatural powers but studies the mental and social effects of believing in magic. Fear of magic can cause stress, anxiety, and psychosomatic symptoms. Psychologists describe these as 'suggestion effects' where strong belief influences the body. Islam, however, confirms that unseen forces like jinn exist, meaning that magic has both physical and spiritual dimensions.

Protection from Black Magic in Islam:

The Prophet Muhammad ﷺ taught believers to protect themselves through faith and remembrance of Allah. • Recite Surah Al-Falaq and Surah An-Naas regularly. • Recite Ayat al-Kursi (Surah Al-Baqarah 2:255). • Read Surah Al-Baqarah at home — 'The devil does not enter a house where Surah Al-Baqarah is recited.' (Muslim 780). • Perform regular prayers, avoid sin, and maintain trust in Allah.

Treatment of Black Magic:

Islam provides lawful healing through Ruqyah Shariyyah — the recitation of Qur'anic verses and supplications. It must be done by pious Muslims, not magicians. The Prophet ﷺ said: 'There is no Ruqyah except for the evil eye or fever.' (Sahih Muslim 2197). Ruqyah, combined with medical treatment if necessary, heals both the body and soul. True healing is only from Allah, as He says, 'And when I am ill, it is He who cures me.' (Surah Ash-Shu'ara 26:80).

Miracles vs. Magic:

Islam distinguishes between miracles (Mu'jizat) and black magic (Sihr). Miracles are from Allah and confirm the truth of His prophets, while magic is deception from Shaytan. Prophet Musa's (Moses) miracles destroyed the false illusions of Pharaoh's magicians, showing the difference between divine truth and deceit.

Social and Moral Impact:

Black magic destroys families, causes hatred, and spreads fear. Islam forbids visiting fortune-tellers or magicians. The Prophet ﷺ said: 'Whoever goes to a soothsayer and believes him has disbelieved in what was revealed to Muhammad.' (Ahmad 9532). Faith, patience, and lawful means are the only acceptable ways to solve life's problems.

Summary:

Black magic (Sihr) is real but strictly forbidden in Islam. It is a major sin that leads to spiritual ruin. The Qur'an and Hadith warn against learning or practicing it. Science studies the psychological effects of belief in magic but cannot explain the unseen world. Islam offers full protection through prayer, Qur'an recitation, and trust in Allah — the ultimate protector and healer.

Encyclopedia of Evil Eye (Nazar) in Islam and Modern Science

Introduction:

The evil eye, known in Arabic as 'Al-Ayn' and in Urdu as 'Nazar', is a real and powerful phenomenon recognized in Islam. It refers to harm caused to a person, animal, or object due to jealousy or excessive admiration. The Qur'an and Hadith clearly confirm the existence of the evil eye, teaching Muslims how to protect themselves from it. Modern science, though it does not recognize supernatural causes, studies psychological and biological effects related to envy, stress, and human energy.

Meaning of the Evil Eye:

The Arabic word 'Al-Ayn' literally means 'the eye'. It refers to a harmful glance that transmits negative energy from one person to another. Islam teaches that when someone looks at another with envy or admiration without saying 'MashaAllah' (as Allah wills), harm can occur. This can affect health, success, beauty, or even property, all by Allah's will. The evil eye reminds believers to be humble and thankful, avoiding jealousy.

The Evil Eye in the Qur'an:

Allah mentions protection from the evil eye in Surah Al-Falaq (113:5): 'And from the evil of the envier when he envies.' This verse clearly warns that envy can cause harm. Another reference is found when Prophet Yaqub (Jacob) عليه السلام advised his sons not to enter Egypt through one gate, fearing the evil eye (Surah Yusuf 12:67). These examples show that the evil eye has been known and feared since ancient times.

Hadith About the Evil Eye:

The Prophet Muhammad ﷺ said: 'The evil eye is real, and if anything were to overtake the divine decree, it would be the evil eye.' (Sahih Muslim 2188). He also said: 'The majority of those who die in my Ummah after the decree of Allah and His destiny will be because of the evil eye.' (Tabarani). This shows that the evil eye has real spiritual and physical effects by Allah's permission.

How the Evil Eye Works in Islam:

Islam teaches that the evil eye happens when someone's admiration or jealousy is accompanied by negative feelings. The harmful energy or glance affects the person being seen, but it only happens if Allah allows it. Therefore, the real cause of harm is not the eye itself but Allah's will. The Prophet ﷺ advised believers to say 'MashaAllah, La Quwwata illa Billah' (What Allah has willed; there is no power except with Allah) when admiring someone or something.

Scientific Perspective on the Evil Eye:

Modern science does not recognize the evil eye as a supernatural force, but it studies related effects through psychology and physiology. Researchers explain that strong emotions such as jealousy or envy can create stress hormones and negative energy that affect both the giver and receiver. Psychological tension and social pressure can cause physical illness or fatigue, which some interpret as the effects of the evil eye. This connection shows how emotional and spiritual health are linked.

Protection from the Evil Eye in Islam:

Islam provides clear guidance for protection against the evil eye. • Reciting Surah Al-Falaq and Surah An-Naas regularly. • Saying 'Bismillah' before doing anything. • Saying 'MashaAllah' when admiring others. • Reciting Ayat al-Kursi (Surah Al-Baqarah 2:255) and the last two verses of Surah Al-Baqarah before sleeping. • Performing daily morning and evening dhikr (remembrance of Allah). These acts strengthen faith and protect believers from envy and harm.

Treatment of the Evil Eye:

The Prophet Muhammad ﷺ taught remedies for those affected by the evil eye. He advised washing with water used by the person who gave the evil eye (if known), as mentioned in Sahih Muslim (2188). He also encouraged reciting Ruqyah (spiritual healing) using Qur'anic verses such as Al-Falaq, An-Naas, and Al-Ikhlās. Faith, patience, and trust in Allah are essential for recovery, as true healing comes from Him alone.

Ruqyah for the Evil Eye:

Ruqyah Shariyyah, the Islamic healing method, is used to treat those affected by the evil eye. It involves reciting specific Qur'anic verses and authentic supplications, including: • Surah Al-Fatiha. • Surah Al-Baqarah 2:255 (Ayat al-Kursi). • Surah Al-Falaq and An-Naas. • The dua: 'A'oodhu bi kalimaatillahi al-taammati min sharri ma khalaq' (I seek refuge in the perfect words of Allah from the evil of what He has created). Ruqyah should only be performed by a pious Muslim and not involve amulets or un-Islamic practices.

Difference Between the Evil Eye and Envy:

Envy (Hasad) and the evil eye (Al-Ayn) are related but different. Hasad means wishing harm or loss upon someone out of jealousy, while the evil eye can occur even from admiration without ill intention. Both are harmful, and both require seeking Allah's protection. The Prophet ﷺ taught that envy consumes good deeds just as fire consumes wood (Abu Dawood 4903).

Scientific Explanation of Envy and Energy:

Modern researchers study the psychological effects of envy and emotional energy. Negative emotions like jealousy can cause stress, increase blood pressure, and

weaken the immune system. This can explain why people under envy often feel physically or mentally drained. While science does not confirm the metaphysical evil eye, it recognizes the real power of emotions and human interactions on health.

Moral Lessons from the Evil Eye:

The concept of the evil eye teaches Muslims humility, gratitude, and compassion. It reminds people to thank Allah for their blessings without boasting and to wish others well. It also encourages believers to control jealousy and pray for others instead of envying them. Islamic teachings promote community harmony by removing the roots of envy and hatred.

Summary:

The evil eye (Nazar) is real and confirmed in both the Qur'an and Hadith. It causes harm by Allah's will, often triggered by envy or admiration. Islam provides complete protection through prayer, remembrance, and righteous living. Modern science connects envy and stress with physical and emotional illness, confirming the link between spiritual and mental health. The best protection lies in faith, patience, gratitude, and seeking refuge in Allah — the ultimate guardian from all evil.

Encyclopedia of evil eye & its treatment

Introduction

The concept of 'Nazar' or the 'evil eye' is widely recognized in Islam and many cultures around the world. In Islam, it refers to harm caused when someone looks at another with jealousy or admiration, without remembering Allah. The Prophet Muhammad ﷺ confirmed its reality by saying, 'The evil eye is real.' (Sahih Muslim). Modern science also acknowledges that psychological and emotional energy can affect a person's well-being.

Meaning of Nazar (Evil Eye)

Nazar means a harmful or envious glance that can bring distress, illness, or misfortune. It usually happens when someone praises or admires a person, child, wealth, or success without saying 'Masha'Allah' or 'BarakAllahu feek'. Islam teaches believers to seek Allah's protection from this unseen harm through prayers and remembrance.

Islamic View of Nazar

Islam clearly teaches that the evil eye is a real phenomenon that can cause harm by the will of Allah. It can affect health, happiness, and success. The Prophet (peace be upon him) used Ruqyah (Qur'anic healing) for those affected and advised his followers to seek protection by reciting the Qur'an, making dua, and maintaining strong faith.

Causes of Nazar

The evil eye can come from jealousy, admiration, or even unintentional praise without remembering Allah. It may happen when someone looks with excessive attention or

envy at another's beauty, wealth, or achievements. Islam advises believers to always say 'Masha'Allah' (As Allah has willed) when admiring anything good in others to avoid causing harm.

Protection from Evil Eye

Islam provides several methods to protect oneself from the evil eye. Reciting Surah Al-Falaq, Surah An-Nas, and Ayat-ul-Kursi regularly helps guard against harm. The Prophet (peace be upon him) also recommended reciting morning and evening supplications, including Surah Al-Ikhlās, Al-Falaq, and An-Nas three times each. These act as spiritual shields for the believer.

Treatment of Evil Eye in Islam

If someone is affected by Nazar, Islamic treatment includes performing Ruqyah (reciting Qur'anic verses and supplications). The affected person or a family member may recite Surah Al-Fatihah, Ayat-ul-Kursi, Surah Al-Ikhlās, Al-Falaq, and An-Nas over water and then drink or bathe with it. The Prophet (peace be upon him) also advised using water from the person who caused the Nazar, if known, to wash the affected person. All healing, however, is from Allah alone.

Scientific Explanation

Modern science explains the evil eye through psychology and energy studies. Intense emotions like jealousy or hatred can release negative psychological energy that may affect sensitive individuals. Stress and fear from such experiences can weaken the immune system. Science agrees that positive thinking, calmness, and spiritual faith improve recovery and protection.

Role of Faith and Positivity

Faith in Allah brings emotional strength and peace. Reciting Qur'anic verses and prayers not only protect spiritually but also calm the mind. Science confirms that faith and relaxation lower stress hormones, balance the heart rate, and improve immunity. This shows the harmony between Islamic healing and modern medical understanding.

Preventive Measures

Islam advises believers to avoid showing off wealth, success, or beauty unnecessarily, as it may attract envy. Saying 'Masha'Allah' for others and thanking Allah for one's blessings help prevent harm. Modesty, gratitude, and humility are strong protections from the evil eye.

Conclusion

The treatment of Nazar in Islam is based on faith, remembrance of Allah, and the recitation of Qur'anic verses. It reminds Muslims to rely on Allah's protection against unseen harm. Modern science also recognizes the connection between spiritual peace and physical health. Together, they prove that true healing comes from both faith and positive energy.

Encyclopedia of Dua & treatment of black magic, evil eye.

Introduction

Islam recognizes the existence of black magic (sihr) and the evil eye (nazar) as real and harmful forces that affect both body and mind. The Qur'an and Hadith provide clear guidance for protection and treatment. Modern science, while not recognizing unseen forces, acknowledges the power of faith, energy, and psychology in healing. Combining Islamic teachings and scientific understanding offers complete spiritual and mental balance.

Meaning of Black Magic and Evil Eye

Black magic, or sihr, refers to harmful acts done through hidden forces, often involving jinn or shayatin (devils). The evil eye (nazar) is harm caused by jealousy or excessive admiration without saying 'Masha'Allah.' Both are unseen harms that affect people's health, emotions, or success. Islam teaches believers to seek refuge in Allah through prayer and Qur'anic recitation.

Islamic View on Black Magic

The Qur'an mentions black magic in Surah Al-Baqarah (2:102), where it warns against learning or practicing it. Magic is considered a major sin in Islam because it involves seeking help from evil beings instead of Allah. The Prophet Muhammad (peace be upon him) himself was once affected by magic, and Allah revealed Surah Al-Falaq and Surah An-Nas as protection and cure.

Islamic View on Evil Eye

The Prophet (peace be upon him) said, 'The evil eye is real.' (Sahih Muslim). It can cause sickness, sadness, or loss. Islam teaches protection through regular remembrance of Allah, reciting Qur'an, and saying 'Masha'Allah' when admiring others. Ruqyah (spiritual healing) is also used to cure the effects of the evil eye.

Dua and Ruqyah for Protection

The best protection is seeking Allah's help through duas and Qur'anic verses. Recommended verses include Surah Al-Fatihah, Ayat-ul-Kursi (2:255), the last two verses of Surah Al-Baqarah, and Surahs Al-Ikhlas, Al-Falaq, and An-Nas. These should be recited every morning and evening. The Prophet (peace be upon him) said that reciting these Surahs protects one from all harm.

Treatment for Black Magic

Islamic treatment for black magic includes reciting Ruqyah Shar'iyyah (lawful Qur'anic healing) with faith and patience. Water may be recited over with verses from the Qur'an and then used for drinking and bathing. Surah Al-Baqarah should be recited in the home, as the Prophet (peace be upon him) said, 'The house in which Surah Al-Baqarah is recited, Satan does not enter.' (Sahih Muslim). All healing comes from Allah alone.

Treatment for Evil Eye

For the evil eye, the affected person can be treated with Qur'anic recitation, dua, and washing with water that has been recited over. If the person who caused the harm is known, their water may be used for cleansing as taught by the Prophet (peace be upon him). Continuous remembrance of Allah, modesty, and gratitude also help in protection.

Scientific Perspective

Modern science views these conditions in psychological terms. Stress, jealousy, and fear can cause real physical and emotional effects. Research shows that faith, prayer, and relaxation lower stress hormones, strengthen the immune system, and promote healing. Thus, spiritual practices like Ruqyah have measurable mental health benefits.

Psychological Healing through Faith

The Qur'an provides comfort, reducing anxiety and depression. When people recite or listen to the Qur'an, their heartbeat slows, and their minds become calm. Scientific studies show that faith and hope can speed recovery and reduce pain. This proves the healing power of spiritual belief and the importance of mental peace.

Preventive Measures in Islam

Islam encourages prevention through daily protection practices: reciting Ayat-ul-Kursi, Surah Al-Ikhlâs, Al-Falaq, and An-Nas, making morning and evening duas, and avoiding envy and jealousy. Saying 'Bismillah' before actions and 'Masha'Allah' when admiring others helps prevent harm. Regular prayer and remembrance strengthen the believer's spiritual defense.

Conclusion

The treatment for black magic and the evil eye in Islam combines faith, dua, and the power of Qur'anic verses. These methods not only remove spiritual harm but also bring emotional and psychological peace. Modern science now supports the idea that prayer, faith, and positivity improve health. Together, Islam and science confirm that healing begins with both the heart and the mind under the mercy of Allah.

Encyclopedia of hadith about Ruqyah

Introduction

Ruqyah in Islam refers to the spiritual treatment and protection through the recitation of the Qur'an and authentic supplications. The Prophet Muhammad ﷺ practiced Ruqyah and encouraged it, provided that it did not include any form of shirk (polytheism). Modern science now acknowledges the positive impact of faith and spiritual healing on physical and mental health.

Definition of Ruqyah

The word 'Ruqyah' means reciting words for healing and protection. It is a lawful method in Islam when it involves Qur'anic verses and authentic prayers seeking Allah's help. It can be used to treat illnesses, fear, depression, and protection from evil forces.

Hadith 1 – The Evil Eye is Real

The Prophet (peace be upon him) said: 'The evil eye is real. If anything were to overtake destiny, it would be the evil eye.' (Sahih Muslim). This Hadith shows that unseen harm like envy or jealousy can affect health, and Ruqyah serves as a means of protection.

Hadith 2 – Permission for Ruqyah

Narrated by 'Awf bin Malik: The Prophet (peace be upon him) said, 'There is nothing wrong with Ruqyah as long as it does not involve shirk.' (Sahih Muslim). This Hadith clarifies that Ruqyah is allowed in Islam when based on Qur'anic verses and legitimate supplications.

Hadith 3 – Healing with Qur'an

A companion recited Surah Al-Fatihah as Ruqyah for a tribal leader who had been bitten by a scorpion, and he was healed. When the Prophet (peace be upon him) heard of this, he said, 'How did you know that Al-Fatihah is a Ruqyah?' (Sahih Bukhari). This Hadith shows that the Qur'an has healing power.

Hadith 4 – Self-Protection with Surahs

The Prophet (peace be upon him) used to recite Surah Al-Falaq and Surah An-Nas every night before sleeping and blow over himself. (Sahih Bukhari, Sahih Muslim). These chapters are known as the 'Mu'awwidhatayn' and are used for protection from evil, harm, and fear.

Hadith 5 – Ruqyah for the Sick

Aisha (may Allah be pleased with her) reported: 'When anyone among us fell ill, the Messenger of Allah (peace be upon him) used to blow over him after reciting the Mu'awwidhat (Surah Al-Falaq and Surah An-Nas).' (Sahih Muslim). This practice shows the use of Ruqyah as spiritual medicine.

Scientific Understanding of Ruqyah

Modern science studies how faith, meditation, and sound affect the human brain and body. Reciting or listening to the Qur'an produces calmness, lowers stress, and improves mental focus. These effects reduce blood pressure, anxiety, and heart rate. Researchers describe it as a form of 'spiritual therapy' that benefits both emotional and physical health.

Effect of Qur'anic Recitation on the Brain

Scientific experiments have shown that Qur'anic recitation increases alpha brain waves, which are associated with relaxation and peace. Listening to the Qur'an has a healing effect on people suffering from depression, fear, and insomnia. It also promotes better sleep and emotional stability.

Faith and Healing

The belief that Allah is the true Healer strengthens hope and trust in the recovery process. This mental positivity activates the brain's healing system and improves the

immune response. Thus, Ruqyah not only heals spiritually but also supports physical and psychological recovery.

Islamic and Scientific Harmony

Both Islam and science aim to bring peace and well-being. While Islam teaches spiritual healing through the Qur'an and supplication, science confirms the health benefits of spiritual and emotional balance. Together, they show that Ruqyah is a holistic therapy for mind, body, and soul.

Conclusion

Ruqyah is a blessed practice rooted in authentic Hadith and supported by modern scientific understanding. It helps protect from evil, heal the sick, and strengthen faith. The Prophet Muhammad (peace be upon him) practiced and approved Ruqyah, making it a Sunnah and a source of peace for all believers. Modern science confirms that spiritual healing through faith has real, measurable benefits for health and happiness.

Encyclopedia of Ruqyah

Introduction

Ruqyah is the Islamic method of spiritual healing using the recitation of the Qur'an, supplications, and prayers taught by Prophet Muhammad (peace be upon him). It is a cure for physical, mental, and spiritual illnesses. In Islam, Ruqyah is performed by reciting verses seeking Allah's protection and help. Modern science now recognizes that spiritual and psychological healing plays a major role in overall health.

Meaning of Ruqyah

The word 'Ruqyah' comes from the Arabic root meaning 'to recite or seek protection'. It refers to reciting specific Qur'anic verses and authentic supplications to heal illnesses caused by evil eye, magic, fear, stress, or diseases. The Prophet (peace be upon him) used Ruqyah for himself and others as a means of healing through faith and trust in Allah.

Types of Ruqyah

There are two types of Ruqyah: Ruqyah Shar'iyyah (lawful) and Ruqyah Shirkiyyah (forbidden). Lawful Ruqyah includes verses from the Qur'an and authentic Hadiths. It must be free from any act of polytheism. Forbidden Ruqyah involves charms, magic, or invoking other than Allah, which is not allowed in Islam.

Rules of Performing Ruqyah

Ruqyah must be done with pure intention, firm faith, and correct recitation. It should be performed using clean words and in the Arabic language. The healer or patient should believe that only Allah brings healing, and Ruqyah is just a means. It should not include any superstitious or forbidden act.

Qur'anic Verses for Ruqyah

Some commonly used Qur'anic verses in Ruqyah are Surah Al-Fatihah, Ayat-ul-Kursi (2:255), the last two verses of Surah Al-Baqarah, Surah Al-Ikhlās, Surah Al-Falaq, and

Surah An-Nas. The Prophet (peace be upon him) recited these for protection and healing. These verses remind the believer of Allah's power and mercy.

Hadith on Ruqyah

Prophet Muhammad (peace be upon him) said, 'There is nothing wrong with Ruqyah as long as it does not involve shirk (polytheism).' (Sahih Muslim) He also used Ruqyah for his companions suffering from pain, fever, or fear. He would recite Qur'anic verses, blow gently, or place his hand on the area of pain while making dua for healing.

Scientific View of Ruqyah

Modern science has found that faith and positive belief can influence the healing process. Listening to the Qur'an lowers stress, heart rate, and anxiety. It produces calmness in the brain, which helps in recovery. Psychologists agree that spiritual practices like prayer and meditation strengthen mental health and immunity. Ruqyah combines both spiritual and psychological healing.

Ruqyah and Mental Health

Ruqyah brings peace, removes fear, and strengthens hope. People suffering from depression, stress, or insomnia benefit from Qur'anic recitation and prayer. Studies show that listening to Qur'anic recitations increases serotonin levels and relaxes the nervous system. It is a spiritual therapy for both the heart and the mind.

Protection from Evil and Magic

Islam teaches that Ruqyah protects against evil eye, black magic, and harmful jinn. Prophet Muhammad (peace be upon him) taught his followers to seek protection through Surah Al-Falaq and Surah An-Nas daily. These verses act as spiritual shields for believers. Science may not explain unseen forces, but it acknowledges the power of faith and mental strength in protection.

Modern Integration

In modern medicine, Ruqyah can be used alongside medical treatment. It supports emotional stability and mental strength, helping patients recover faster. Many Muslim doctors and researchers now recommend spiritual therapy as part of holistic healing. Islam encourages both prayer and seeking proper medical treatment.

Conclusion

Ruqyah is a divine method of healing that connects faith, prayer, and well-being. It reminds Muslims that all cures come from Allah alone. Modern science now agrees that spiritual peace improves physical and mental health. Ruqyah thus represents the harmony between faith and science in achieving true healing.

Frequently asked Question & their answers regarding Ruqyah

Introduction

Ruqyah is an Islamic method of healing using Qur'anic verses and authentic supplications. It is used to protect from evil, remove distress, and treat physical or spiritual problems. Many people have questions about how Ruqyah works, its rules,

and how it relates to modern science. Below are some common questions and answers explained in easy English.

Question 1: What is Ruqyah in Islam?

Ruqyah means reciting verses from the Qur'an and duas taught by Prophet Muhammad (peace be upon him) for healing and protection. It is used to cure diseases, calm the heart, and protect against the evil eye, black magic, and harmful spirits. Ruqyah reminds believers that all healing comes from Allah alone.

Question 2: Is Ruqyah mentioned in the Qur'an or Hadith?

Yes. The Qur'an itself describes healing in its verses: 'And We send down of the Qur'an that which is healing and mercy for the believers.' (Surah Al-Isra 17:82). The Prophet (peace be upon him) also used Ruqyah for himself and others. He said, 'There is nothing wrong with Ruqyah as long as it does not involve shirk.' (Sahih Muslim).

Question 3: How is Ruqyah performed?

Ruqyah is performed by reciting specific verses or duas with a sincere heart, belief, and clean intention. It can be done by the person themselves or by someone else. The recitation may be followed by blowing lightly over the affected person, or on water to drink or wash with. The most common Surahs used are Al-Fatihah, Al-Ikhlās, Al-Falaq, and An-Nas.

Question 4: Can Ruqyah be done at home?

Yes. Ruqyah can be performed at home by anyone who knows the Qur'an and believes in Allah's power to heal. The Prophet (peace be upon him) encouraged self-Ruqyah. It is important to keep the environment clean, maintain faith, and recite with humility and sincerity.

Question 5: What should not be done during Ruqyah?

Ruqyah should never include charms, strange symbols, or calling upon anyone other than Allah. It should not involve music, candles, or non-Islamic rituals. The Prophet (peace be upon him) warned against Ruqyah that includes shirk (polytheism) or superstition.

Question 6: Can women perform or receive Ruqyah?

Yes. Ruqyah is for everyone, including women, children, and the elderly. Women can perform Ruqyah for themselves and their families. Modesty and proper manners should be observed, and physical contact between non-related men and women should be avoided.

Question 7: What is the difference between Islamic Ruqyah and other spiritual healings?

Islamic Ruqyah uses only the Qur'an, dua, and words taught by the Prophet (peace be upon him). Other spiritual healings may involve calling spirits or using forbidden symbols, which is not allowed in Islam. Ruqyah is pure, safe, and based on faith in Allah.

Question 8: What does modern science say about Ruqyah?

Modern science recognizes the effect of faith, prayer, and positive belief on mental and physical health. Listening to Qur'anic recitation has been proven to reduce stress, anxiety, and blood pressure. It calms the brain and improves emotional balance. Science calls this 'spiritual therapy' or 'psychological healing'.

Question 9: Can Ruqyah replace medical treatment?

Ruqyah is not a replacement for medical treatment but a spiritual support. Islam encourages both prayer and seeking medicine. The Prophet (peace be upon him) said, 'Seek treatment, for Allah has not made a disease without appointing a cure for it.' (Sunan Abu Dawood). Combining Ruqyah with proper medical care brings faster and complete healing.

Question 10: How can one stay protected from evil?

To stay protected, recite Ayat-ul-Kursi (2:255), Surah Al-Ikhlās, Al-Falaq, and An-Nas every morning and evening. Say Bismillah before eating, entering home, or any task. Keep faith in Allah, avoid jealousy, and stay close to prayer and remembrance. These actions create a spiritual shield from all harm.

Conclusion

Ruqyah is a powerful spiritual therapy rooted in the Qur'an and Sunnah. It brings protection, peace, and healing by connecting the believer directly with Allah. Modern science also agrees that faith and spiritual calmness promote physical and mental health. Practicing Ruqyah with belief and sincerity ensures both worldly and spiritual well-being.

Encyclopedia of hadith about Ruqyah

Introduction

Ruqyah in Islam refers to the spiritual treatment and protection through the recitation of the Qur'an and authentic supplications. The Prophet Muhammad ﷺ practiced Ruqyah and encouraged it, provided that it did not include any form of shirk (polytheism). Modern science now acknowledges the positive impact of faith and spiritual healing on physical and mental health.

Definition of Ruqyah

The word 'Ruqyah' means reciting words for healing and protection. It is a lawful method in Islam when it involves Qur'anic verses and authentic prayers seeking Allah's help. It can be used to treat illnesses, fear, depression, and protection from evil forces.

Hadith 1 – The Evil Eye is Real

The Prophet (peace be upon him) said: 'The evil eye is real. If anything were to overtake destiny, it would be the evil eye.' (Sahih Muslim). This Hadith shows that unseen harm like envy or jealousy can affect health, and Ruqyah serves as a means of protection.

Hadith 2 – Permission for Ruqyah

Narrated by 'Awf bin Malik: The Prophet (peace be upon him) said, 'There is nothing wrong with Ruqyah as long as it does not involve shirk.' (Sahih Muslim). This Hadith clarifies that Ruqyah is allowed in Islam when based on Qur'anic verses and legitimate supplications.

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The Prophet (peace be upon him) used to recite Surah Al-Falaq and Surah An-Nas every night before sleeping and blow over himself. (Sahih Bukhari, Sahih Muslim). These chapters are known as the 'Mu'awwidhatayn' and are used for protection from evil, harm, and fear.

Hadith 5 – Ruqyah for the Sick

Aisha (may Allah be pleased with her) reported: 'When anyone among us fell ill, the Messenger of Allah (peace be upon him) used to blow over him after reciting the Mu'awwidhat (Surah Al-Falaq and Surah An-Nas).' (Sahih Muslim). This practice shows the use of Ruqyah as spiritual medicine.

Scientific Understanding of Ruqyah

Modern science studies how faith, meditation, and sound affect the human brain and body. Reciting or listening to the Qur'an produces calmness, lowers stress, and improves mental focus. These effects reduce blood pressure, anxiety, and heart rate. Researchers describe it as a form of 'spiritual therapy' that benefits both emotional and physical health.

Effect of Qur'anic Recitation on the Brain

Scientific experiments have shown that Qur'anic recitation increases alpha brain waves, which are associated with relaxation and peace. Listening to the Qur'an has a healing effect on people suffering from depression, fear, and insomnia. It also promotes better sleep and emotional stability.

Faith and Healing

The belief that Allah is the true Healer strengthens hope and trust in the recovery process. This mental positivity activates the brain's healing system and improves the immune response. Thus, Ruqyah not only heals spiritually but also supports physical and psychological recovery.

Islamic and Scientific Harmony

Both Islam and science aim to bring peace and well-being. While Islam teaches spiritual healing through the Qur'an and supplication, science confirms the health

benefits of spiritual and emotional balance. Together, they show that Ruqyah is a holistic therapy for mind, body, and soul.

Conclusion

Ruqyah is a blessed practice rooted in authentic Hadith and supported by modern scientific understanding. It helps protect from evil, heal the sick, and strengthen faith. The Prophet Muhammad (peace be upon him) practiced and approved Ruqyah, making it a Sunnah and a source of peace for all believers. Modern science confirms that spiritual healing through faith has real, measurable benefits for health and happiness.

Encyclopedia of Quranic Ruqyah

Introduction

Qur'anic Ruqyah is the spiritual healing method using verses from the Holy Qur'an for protection, relief, and cure. It is a form of divine therapy practiced by Prophet Muhammad (peace be upon him) and his companions. Qur'anic Ruqyah brings peace to the heart, removes negative energy, and strengthens faith. Modern science now recognizes the power of spiritual healing and the positive effect of Qur'anic recitation on the mind and body.

Meaning of Qur'anic Ruqyah

The word 'Ruqyah' means 'recitation for healing or protection'. Qur'anic Ruqyah refers to using verses from the Qur'an to seek help and healing from Allah. It is performed by reading specific Surahs or verses with sincere belief that Allah alone is the Healer. This healing addresses both physical and spiritual problems like stress, evil eye, and fear.

Purpose of Qur'anic Ruqyah

The purpose of Ruqyah is to heal illnesses through the words of Allah and strengthen the connection between the servant and his Creator. It helps protect from evil forces, removes anxiety, and brings peace. It also reminds Muslims to rely on Allah in every hardship. The goal is not just treatment but also purification of the heart and soul.

Verses Used in Qur'anic Ruqyah

Certain verses of the Qur'an are known for their healing and protective power. These include Surah Al-Fatihah, Ayat-ul-Kursi (2:255), the last verses of Surah Al-Baqarah, Surah Al-Ikhlâs, Surah Al-Falaq, and Surah An-Nas. These are recited regularly by Muslims for protection from harm, illness, and evil. The Prophet (peace be upon him) used these verses for himself and others in need of healing.

Prophet's Practice of Ruqyah

Prophet Muhammad (peace be upon him) performed Ruqyah for himself and his companions. When someone was ill or affected by the evil eye, he would recite Qur'anic verses and supplications over them. He also said, 'There is nothing wrong with Ruqyah as long as it does not involve shirk (polytheism).' (Sahih Muslim). This shows that Ruqyah is an act of worship when done according to the Sunnah.

Scientific View on Qur'anic Recitation

Modern scientific studies have shown that listening to Qur'anic recitation reduces stress, lowers blood pressure, and improves mental focus. The rhythmic sound of Qur'anic verses calms the brain and increases relaxation hormones. Researchers found that patients who listen to Qur'an during illness feel less pain and recover faster due to mental peace and reduced anxiety.

Healing Power of Sound and Faith

Science has discovered that sound frequencies affect the human brain and body. The Qur'an, being the word of Allah, carries divine sound patterns that bring peace and balance to the nervous system. Faith in Allah and belief in His words create strong psychological and physiological healing effects. This harmony between faith and science shows the timeless power of the Qur'an.

Protection from Evil Eye and Magic

Qur'anic Ruqyah protects believers from the evil eye, black magic, and harmful jinn. The Prophet (peace be upon him) instructed Muslims to recite Surah Al-Falaq and Surah An-Nas every morning and evening for protection. These Surahs act as spiritual shields, keeping the believer safe. Even though science cannot see these unseen forces, it recognizes that belief and positive energy improve human resilience and health.

Qur'anic Ruqyah and Mental Health

Qur'anic Ruqyah provides mental peace, removes depression, and builds hope. It helps people overcome fear and anxiety by strengthening faith and trust in Allah. Studies show that regular Qur'anic recitation increases emotional stability and inner happiness. It is a spiritual medicine for the heart, mind, and soul.

Integration with Modern Medicine

Qur'anic Ruqyah can be practiced alongside medical treatment. Islam encourages seeking both spiritual and physical cures. Many doctors today acknowledge the role of faith-based therapy in recovery. Qur'anic recitation supports the immune system, improves mood, and helps patients respond better to treatment.

Conclusion

Qur'anic Ruqyah is a divine form of healing that connects spiritual and physical health. It proves that Allah's words have power to comfort, protect, and cure. Modern science confirms that faith and positive spiritual practices enhance well-being. When Qur'anic Ruqyah and medical science work together, they bring complete healing for the body, mind, and soul.